

Updates for the week of September 13th, 2004

Tools

- The CHID website is a joint effort of the National Institutes of Health (NIH) and the Health Resources and Services Administration (HRSA). This database provides easy access to health information, including more than 101,000 health-related materials that have appeared in magazines, journals, newspapers, brochures, book chapters, and videotapes. Please visit: <http://chid.nih.gov/>
- View an AP wire article reporting on a study that demonstrates the relationship between increased physical activity and decreased obesity in young girls that are overweight here: [steps/publications/obesity_in_girls.pdf](#)
- Do you know someone who wants to get fit for fall? There is a great new program available online available in English or Spanish. Visit: [steps/publications/fit_for_fall.pdf](#)
- Find out what you can do in your own community to "Blow the Whistle on Asthma". View the following document for more information. [steps/publications/fight_asthma.pdf](#)
- View the PowerPoint presentation for the teleconference on September 14th here: [CDC Asthma Teleconference](#). This conference begins at 12PM Pacific time. Please contact Amy Manchester Harris at 360-236-3851 if you would like to join this conference.

Training

- On September 28th, from 9:30AM to 11:30AM, there will be an asthma class offered in Seattle through the Children's Hospital for parents or other caretakers of children with asthma. For contact and registration information, [click here](#).
- There is a free upcoming parent involvement event featuring Karen Mapp. The website with the flyer and all the detailed information may be viewed here: www.wastatepta.org/mapp.htm Parents are especially encouraged to attend. The above page contains a flyer and RSVP / box lunch instructions. Please register (RSVP) on line if you are able to attend.

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Conferences

- **REMINDER!** Environmental Influences on the Induction and Incidence of Asthma Workshop is scheduled for October 18-19, 2004 at Research Triangle Park, North Carolina. For more information visit:
www.epa.gov/nheerl/asthma_workshop/.
- **REMINDER!** The Washington State Food and Nutrition Council is holding their annual conference in Seattle on September 24, 2004. This year's theme is: "Communities Rising Against Obesity: Washington Leading the Way." You may view the conference registration and membership information here:
[WSFNC2004ConfPkt.pdf](#)

Information/Updates

- The next community conference call will be Wednesday, September 22nd at 11AM.
- September is National 5aDay month. For a valuable resource list of all the organizations taking part or sponsoring local events, [click here](#).
- **REMINDER!** Walk to School Week is coming up on October 6th. Visit www.iwalktoschool.org/award for some great examples of ideas other groups have had for coordinating the event.